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IN AN UNEXPECTED MOVE, CANADIANS JOHN GREYSON, PICTURED, AND TAREK LOUBANI HAVE BEEN FREED FROM A CAIRO PRISON PAGE 4

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The Pats' Dyson Stevenson wrestles for the puck with Nelson Nogier of the Saskatoon Blades in the first period of Sunday's game at the Brandt Centre. MARCO VIGLIOTTI/METRO

Pats best Blades in shootout

Back-and-forth battle.
Regina manages to grind out victory using top offensive talents

On Sunday

Pats	Blades
5	4

MARCO VIGLIOTTI
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Boston Leier scored twice in regulation and added another in the shootout as the Regina Pats downed the Saskatoon Blades 5-4 in a seesaw battle Sunday night at the Brandt Centre.

The victory is the Pats' (2-5-0) first on home ice this season, while the loss prevents the Blades (1-6-0) from stringing together their first winning streak of the year.

Despite never claiming the lead in regulation, the Pats dominated large stretches of the game that saw special teams step to the forefront.

Using some of their most gifted offensive talents, the Pats were three-for-six with the man advantage, while the Blades went two-for-seven.

The Pats' top players dominated the score sheet, with Dyson Stevenson tallying a goal and two assists and Morgan Klimchuk adding two helpers.

On the other end of the ice, Blades sniper Nathan Burns netted all four of his team's goals.

In a thrilling game chockfull of great rushes and woeful defensive miscues, the Blades quickly darted out to a 2-0 lead before the Pats cut the lead to one by the midway mark of the first period.

The Pats managed to quickly level the score early in the second before the Blades capitalized on a power play to retake the lead.

Chandler Stephenson would put the Pats on even ground before the second period ended, only to have the Blades reclaim the lead in the early stages of the third.

In dramatic fashion, Boston Leier would tie the game with a rocket on the Pats' power play late in the third.

Troy Trombley made 23 saves in a losing cause, while Dawson MacAuley made 21 stops for the Pats.

NEWS 1

Premier pushes trade between Sask., Asia

Global opportunities.
Wall wraps up Japan leg of trade mission, begins talks with counterparts in Philippines

ROSS ROMANIUK
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In Japanese, it's "domo arigato" — or, thank you. And Saskatchewan has, in effect, said that and more in Japan during a trade mission in which Premier Brad Wall is also pushing for further business opportunities for the province.

Wall is using the mission in part to recognize Japan for its purchases of more than $1 billion worth of agricultural products from Saskatchewan last year alone.

Spending several days in the country this past week, the premier is further examining the trade potential in that and other Asian markets, including Singapore and the Philippines.

"It's our fastest-growing market, this area of the world. So we're paying special attention to it," Wall told Metro from the Philippine city of Manila on Sunday.

He pointed out that "quite staggering" shares of Japan's agricultural imports come from Saskatchewan — 80 per cent of its durum, and about half of its canola seeds.

"There are more opportunities for us here, and we want to take advantage of them."

Wall is in the Philippines after ending the Japan leg of his trade trip by meeting on Friday with Takamori Yoshikawa, senior vice-minister of agriculture, forestry and fisheries.

The premier expressed gratitude to Yoshikawa for Japan's move to reduce an age restriction on Canadian beef to 21 months from 30 months, though he pointed out that he has asked for a removal of all age limits on Canadian beef in that country.

"We still have some concerns around trade," Wall noted.

"There is a tariff on canola oil. So it's more difficult for us to access the canola oil market, which is huge in Japan.

"We've asked for a reduction in that. It's what the trade mission is all about. It's about trade issues that affect our province, but it's also about trying to identify opportunities."

Eleven Saskatchewan firms are along on the mission, with representatives looking into the sales potential for what Wall described as products ranging from "honey to you-name-it."

The premier also met with officials from seven corporations in Japan, took part in a Canadian Embassy reception with 130 entrepreneurs eyeing business with Saskatchewan, and signed a deal with a corporation for its testing of ground-monitoring equipment at the Boundary Dam carbon capture project run by SaskPower.

Premier Brad Wall chats with a Japanese business official during his visit to Tokyo as part of a Saskatchewan trade mission to Asia. Wall has embarked on the next leg of the trip, leaving Japan to head to the Philippines before he also travels to Singapore this week. COURTESY JERRY VALBUENA

Man on a mission

"It's our fastest-growing market, this area of the world. So we're paying special attention to it."
Premier Brad Wall, on the importance of his trade mission in Asia.

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Running to battle breast cancer

More than 1,800 Reginans gathered outside the Conexus Arts Centre on Sunday morning to take part in the annual Run For the Cure fundraiser for breast cancer research. Participants young and old braved chilly conditions to run or walk the event's sloping five-kilometre course. While more money is expected to pour in, organizers estimate that this edition of Run For the Cure broke the 2012 event's fundraising total of about $432,000.

MARCO VIGLIOTTI
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1 Pink power.

More than 1,800 participants — many clad at least partly in pink, the colour theme for the war on breast cancer — burst out of the starting gate at about 10 a.m., heading out on the course that began along Lakeshore Drive.

2 Early activism.

In addition to the runners and walkers, some strollers — on two feet, as well as the kind used to push babies — tackled the route.

3 A family affair.

For some, the run was a family effort. Brenda Shaw, left, was joined by her family as she participated in memory of her mother who died of breast cancer.

4 Directorial masterpiece.

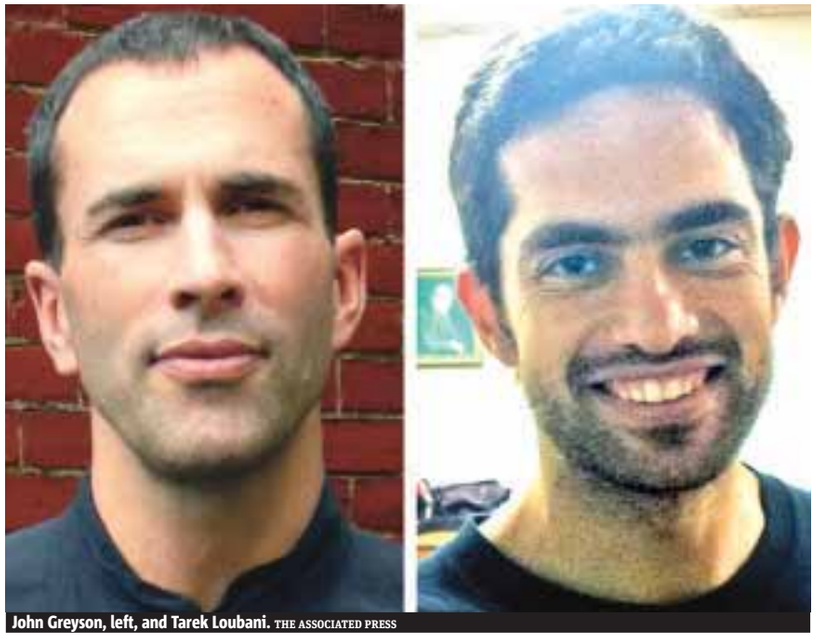
It was a successful day for co-directors Allison Ziegler, left, and Nadege Koskamp, as the fundraiser was on pace to bring in more money than had been generated by the event last year.

5 All in it together.

A wide mix of participants, including young and old, women as well as men — made up the crowd on the course.

Canadians freed from Cairo jail

Unexpected release. Tarek Loubani and John Greyson awaiting papers to come home, as more violence erupts across Egypt


John Greyson, left, and Tarek Loubani. THE ASSOCIATED PRESS

The two Canadians released from a jail in Cairo early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Tarek Loubani, an emergency-room doctor from London, and Toronto filmmaker John Greyson are "resting and getting acclimatized" to their unexpected freedom while waiting for travel documents to come home after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson, who was in Toronto on Sunday to get ready for their eventual return, said no travel plans have yet been made and that the two men were "getting back to eating solid food slowly, under a doctor's supervision."

They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks.

Prime Minister Stephen Harper said in a statement that his government "has obviously been pushing for (their release) and welcomes this decision by the government of Egypt."

Loubani's brother Mohammed said that Tarek and Greyson are "OK, but they have been through a lot."

They were arrested Aug. 16 during a day of bloody clashes between security forces and supporters of the Muslim Brotherhood.

By coincidence, their release Sunday came as similarly bloody clashes broke again in Cairo, with at least 50 people reported killed by nightfall.

During their 49 days in detention, they were slapped, beaten, ridiculed, "hot-boxed," kicked and accused of being foreign mercenaries, according to a statement smuggled from the jail and published last weekend.

Mohammed Loubani said an aide to the Egyptian Interior Minister visited them shortly before their release and spoke of "misunderstandings."

He told the Star that the abrupt release had taken the Canadians by surprise, in the middle of the night.

"They just came to their cell and said, 'Come with us.' They had no idea what was happening until they arrived at the police station. They were stunned."

Meanwhile, Cecilia Greyson told the Star that Canadian and international support for the two men had been crucial during their ordeal, although they, being cut off from the world, were unaware of it. Like most prisoners in Egypt, they had no access to the Internet and were denied family phone calls.

"They're just seeing the website (Free Tarek and John Coalition) for the first time, and I'm sure they're finding it incredibly overwhelming," she said.

In the past week, petitions calling for Greyson and Loubani's release had grown to 150,000, said Cecilia Greyson.

TORSTAR NEWS SERVICE

UN. Fact-finder arrives in Canada to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

"The idea is to get a first-hand view of the situation of Aboriginal Peoples in Canada by hearing directly from as many as I can," he said.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments into action by bringing unacceptable conditions to light.

James Anaya THE CANADIAN PRESS

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

Antarctica. Recovery uncertain for frozen remains of 3 Canadians

The frozen remains of three Canadians have been in the wreckage of a plane, partially buried in snow and stuck on the side of one of the highest mountains in Antarctica, for nine months.

The summer season is starting at the bottom of the world, and that was supposed to mean a mission to recover the bodies of the men could begin. But now there is confusion about who should co-ordinate the retrieval and it is unclear when, or even if, it will happen.

Judge Neil MacLean, the chief coroner of New Zealand, headed an inquest into the plane crash in June and, although no one has actually seen the bodies, the judge ruled the three men must have died in the crash. He formally registered the deaths of 55-year-old Bob Heath, of Inuvik, N.W.T., 36-year-old Perry Andersen, of Collingwood, Ont., and 25-year-old Mike Denton of Calgary.

THE CANADIAN PRESS

Quoted

"It's almost a bit like if it happened in outer space, that there's no clear lines of authority."

Judge Neil MacLean, chief coroner of N.Z.

The wreckage from a Canadian plane that crashed in Antarctica on Jan. 23, killing three Canadians. DREW COLEMAN/THE CANADIAN PRESS

Kidnapping

Convict faces dangerous offender hearing

Convicted sex offender Randal Hopley said at a sentencing hearing last year that he abducted a three-year-old from his home in an effort to get back at the justice system.

On Monday, the Crown plans to argue Hopley should never get that chance.

It was a kidnapping case that bordered on the miraculous when, two years ago, little Kienan Hebert was returned unharmed to his home just as mysteriously as he had disappeared several days earlier in September 2011.

A massive manhunt for the child's abductor ensued and several days later, Mounties arrested 47-year-old Hopley near the B.C.-Alberta border.

Hopley has consistently insisted that he never harmed the boy. He has a criminal history, including a sexual assault on a five-year-old boy in 1985 and an attempted abduction in 2007.

THE CANADIAN PRESS

Riots

Sudan latest Arab nation to feel heat from the street

In recent times Sudan has gone through two major civil wars, the loss of its rebellious southern oil region, and the indictment of its president for war crimes. Now, with its economy in disarray, it's the latest Arab country to be feeling heat from the street.

The crunch came with the government's elimination of the subsidies that had long sustained cheap prices for fuel and other basic needs. The near-doubling of prices that resulted set off a week of rioting beginning Sept. 22, in which at least 50 protesters are estimated to have died.

The government is overloaded with debt — estimated by the International Monetary Fund at $46 billion in 2013 — and unable to borrow from international lenders. Inflation has reached nearly 50 per cent in 2013, with the Sudanese pound weakening and foreign reserves down to 1.2 billion dollars. THE ASSOCIATED PRESS

PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last month.

Jean-Francois Lisee, the Parti Québécois government's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's been in contact with Canada's consular services and is putting pressure on the federal government to do more.

He said he's hoping to meet with Foreign Affairs Minister John Baird in the coming days. "The legality of the arrest is questionable, and especially the charge of piracy, which carries a possibility of 15 years in prison, is clearly exaggerated," Lisee said in a speech late Saturday at a Montreal vigil.

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy. THE CANADIAN PRESS

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her 35-year-old son excessive, given that his goal was to raise awareness about environmental issues.
- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the arrests.

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College. THE ASSOCIATED PRESS

Youthful adventurer

Nine-year-old stowaway flies to Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul International Airport without a ticket, an airport spokesman said Sunday.

Security screened the boy at the airport shortly after 10:30 a.m. Thursday, airport spokesman Patrick Hogan said. The boy then boarded a Delta flight that left for Las Vegas at 11:15 a.m.

The flight crew became suspicious and contacted police. THE ASSOCIATED PRESS

Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games got off to a rocky start Sunday when one of the torches went out. The glitch occurred when a torch bearer ran through a long passageway leading into the Kremlin, which apparently created a wind tunnel, extinguishing the flame. A man standing along the route pulled out a lighter and the flame leaped back to life. Apparently the problem was that the valve on the torch was not fully open. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Italy looks to Europe for solutions as migrant bodies pulled from sea

Lampedusa tragedy. Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage about 50 metres below the surface.

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that both France and Italy have asked that the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

"We cannot deal with this tragedy alone, but together with Europe," said Italy's integration minister Cecile Kyenge. "We must give answers to those who flee, need protection, and come here for help."

The fishing boat carrying the migrants sank early Thursday after passengers panicked by flames set to draw attention bolted to one side of the boat, capsizing it.

THE ASSOCIATED PRESS

European partners

"The Mediterranean cannot remain a huge cemetery under the open skies."

French Foreign Minister Laurent Fabius

Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast as the death toll of African migrants who drowned is expected to reach over 300 people. TULLIO M. PUGLIA/GETTY IMAGES

Mexican monster truck hits crowd, killing 8

Spectators run from a monster truck as it plows through a crowd at a Mexican air show in Chihuahua, Mexico on Saturday. THE ASSOCIATED PRESS

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday.

Some witnesses said the driver appeared to have hit his head on the interior of the truck as he drove over the old cars, with at least two reporting seeing his helmet come off before the massive vehicle drove into the crowd of terrified spectators, who tried to flee.

"I fell over, and when I turned around I saw the tire very close. It hit me and threw me to the other side," Jesus Manuel Ibarra, 41, said as he was treated for injuries to his arm and hip.

Spectator Daniel Dominguez, 18, said he was happily watching the show with a group of relatives when the truck came down hard in the middle of the cars.

"The driver hit his head and his helmet flew off," Dominguez said. "The truck came directly at where we were."

His 11-year-old sister was in surgery for injuries to her legs, and his mother was treated for minor contusions.

THE ASSOCIATED PRESS

Dead and injured

According to the spokesman for the Chihuahua state prosecutors' office, Carlos Gonzalez, the accident killed at least one child.

- 80 people, were hurt, 46 of whom remained hospitalized early Sunday.
- The air show was cancelled after the accident.

Buenos Aires

President of Argentina ordered to rest after brain injury discovered

President Cristina Fernandez's government was in uncharted territory Sunday after doctors ordered the Argentinian leader to take a month's rest because they found blood on her brain from a head injury.

While experts called the prescription good medicine, it could prove politically risky for her to leave the campaign trail just three weeks before nationwide elections determine control of Congress. Fernandez has stumped hard for her party's candidates, and both pro and opposition forces have focused on her central role managing the government and economy.

THE ASSOCIATED PRESS

Washington

Boehner rules out debt limit hike without Obama concessions

The United States moved closer to the possibility of the first-ever default on the government's debt Sunday as Speaker John Boehner adamantly ruled out a House vote on a straightforward bill to boost the borrowing authority without concessions from President Barack Obama.

With no resolution in sight, Treasury Secretary Jack Lew warned that Congress is "playing with fire" as he called on lawmakers to quickly pass legislation re-opening the government and a measure increasing the nation's $16.7 trillion debt limit.

THE ASSOCIATED PRESS

Delta Force raid

Libya seeks explanation after U.S. raid snatches wanted suspect

A suspected Libyan al-Qaida figure nabbed by U.S. special forces in a dramatic operation in Tripoli was living freely in his homeland for the past two years, after a trajectory that took him to Sudan, Afghanistan and Iran, where he had been detained for years, his family said Sunday. The Libyan government bristled at the raid, asking Washington to explain the "kidnapping."

Nazih Abdul-Hamed al-Ruqai was accused of involvement in the '98 bombings of the U.S. Embassies in Dar es Salaam, Tanzania, and Nairobi, Kenya, which killed more than 220 people. THE ASSOCIATED PRESS

Would you let Rogers know where you are for a bargain?

Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

Thousands already have. Customers are sharing their location with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut.

THE CANADIAN PRESS

What's next, mind meld?

"What geotargeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc Poulin said. THE CANADIAN PRESS

Tit for tat

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Malaysia's oil and gas co.

Harper greeted by $36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could be called a $36-billion vote of confidence from Malaysia's state-owned oil and gas company. Malaysian's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. THE CANADIAN PRESS

Crocodiles go from swamps to dinner plates in Jamaica

Unfortunately for two-year-old crocodile 'Sylvester' he and his reptilian pals have become a popular menu item. Conservationists are worried crocs could be wiped out in Jamaica. DAVID MCFADDEN/THE ASSOCIATED PRESS

Crocodiles were once so abundant along the salty rim of southern Jamaica that images of their toothy jaws and spiny armour crown the tropical island's coat of arms and are stenciled on the bumpers of military vehicles.

Now, the big reptiles are increasingly difficult to spot, and not just because they blend into swampy backgrounds. These days, a growing taste for crocodile meat and even eggs in Jamaica has conservationists worried that the reptiles might be wiped from the wild altogether, although they've been protected by law since 1971.

"I went from never hearing about anyone eating crocodile meat, much less crocodile eggs, to hearing about it all the time. There's just so much carnage going on," said Byron Wilson, a reptile specialist at Jamaica's University of the West Indies. Crocs have steadily reclaimed their range in Florida, their only U.S. habitat, after rebounding from the edge of extinction.

But experts believe the reptiles may be reaching a tipping point in economically struggling Jamaica.

A recent newsletter from the Crocodile Specialist Group, a global network involved in croc conservation, said the situation appears dire on the island as the impact of habitat loss deepens with a "new demand for crocodile meat, both for personal consumption and for local market distribution."

The poaching problem has gotten so bad in Jamaica that a passionate reptile enthusiast, Lawrence Henriques, has set up a crocodile sanctuary and captive rearing program just outside a tiny northern mountain town called Cascade, far from the animals' southern habitat, as insurance against future loss. He also hopes to educate islanders who revile them or want to barbecue them.

"It's very worrying that so many people just have no regard for the laws protecting these animals," said the wiry and tenacious Jamaican, speaking over a forest symphony of insects in his croc retreat, which has a sign warning the rare visitor that they enter at their own risk.

THE ASSOCIATED PRESS

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NO NEED TO SEE THIS DUDE NUDE

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Many people have a bucket list — a list of things they would like to do before they die. Somehow skydiving shows up on a lot of bucket lists, which I guess is better than actually doing it.

I have a different kind of list that sounds a bit like a bucket list, but is a list of things I will never do, like travel to Sudan or climb Mount Everest even from the "easy" side. Another one of those things is naked yoga.

This is an issue because it is now possible to commit to naked yoga in Regina. According to a Metro story from Alyssa McDonald, there's a new hot naked yoga class for men at Bodhi Tree Yoga.

Naked yoga has an ancient lineage, going back to the eighth century BC, where it was practised by the Naga Sadhu yogis, who renounced all things, including renouncing, on the way to discovering their true Divine Nature. It continues today as a variation of hot Bikram yoga and is practised by Lady Gaga.

However, Lady Gaga aside, hot Bikram yoga is also on my list of things I will never do. Yoga is hard enough to do at room temperature. Never mind at 40.6 C.

The man who is introducing hot naked yoga to Regina is Johnny Trinh, and to hear him tell it in the Metro story, it makes sense. Not only do you experience improved range of motion, your clothes don't get all sweaty.

Because you're not wearing any.

It's all about freedom, both physical and psychological, but it's also about discipline. If you have a dirty mind about this, you're not getting it. The practice of yoga is about freeing yourself from the bonds of earthly cares, not snickering about them.

Anyway, my problem is a little different. I keep forgetting where I left my Divine Nature (I have the same problem with my keys), but I don't think I'll find it doing the downward dog or the rabbit pose. Ordinary yoga with clothes is humiliating enough; the naked, gravity-enhanced version defies description.

Naked yoga is for flexible people with two per cent body fat. I know because I carefully reviewed all the pictures of people on the Internet doing naked yoga, and those are the only ones I could find.

Naked yoga is not for people who can't touch their toes. After a (fully clothed) run, I like to hang my heels off the side of the curb, stretching a full two or three inches.

Now that's freedom.

Naked Bikram yoga defies description

Naked yoga is for flexible people with two per cent body fat. I know because I carefully reviewed all the pictures of people on the Internet doing naked yoga, and those are the only ones I could find.

ZOOM

Pass a thousand tonnes of salt

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. THE ASSOCIATED PRESS

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.

Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS

WE ACT:
CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one.twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

What's a viewer to do when shows like Orange is the New Black dump all their episodes at once? CONTRIBUTED

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic Citizen Kane, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over The Ending That Shall Not Be Spoiled on Breaking Bad.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of Orange is the New Black in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say Dexter's eight to Breaking Bad's five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show.

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of The Killing or halfway through Sons of Anarchy?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book New New, Media.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertainment is beyond me."

He harkened back to buzz over The Crying Game and Dil's reveal as a transgender woman, along with The Sixth Sense and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of Lost, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like Lost, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."
- Judith Martin, who writes the Miss Manners columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading Moby-Dick and The Golden Bowl, even though I know perfectly well what is going to happen."

Call me new age. Michael Gross taps into his serene side in Call Me Fitz

Wholesome TV dad Michael Gross is cutting ties with his beloved '80s image in a multi-episode guest spot for the raunchy Canuck comedy Call Me Fitz.

The former Family Ties star joins the cast this fall as a mysterious business rival to foul-mouthed used car salesman Richard (Fitz) Fitzpatrick, played by Jason Priestley, and the Fitzpatrick clan patriarch Ken, played by Peter MacNeill.

The amiable actor admits the fishy new-age salesman he plays — inspired in part by the serene charisma of the late Steve Jobs — is a far cry from the good-natured Steven Keaton he became famous for in the '80s.

"They decided this faux-guru-like man would be fun for me to do and so they made the offer and I read it and they sent some DVDs of the show and I thought, 'My God, what is this?'" Gross chuckles in a recent phone call while travelling just outside Los Angeles.

"It was so fascinating and different."

The degenerate Fitzpatrick clan is as morally bereft as ever in season four, which this time revolves around the arrival of Fitz's baby.

Forced to care for the child, Fitz ends up moving in with his boozy mom Elaine while Larry, Fitz's conscience, decides it's time to investigate the family's twisted history of dysfunction.

Gross turns up several episodes in as the bizarre entrepreneur Pat Childs, a man Gross admits some people might consider "kind of smarmy" but who is not without some appeal.

THE CANADIAN PRESS

Michael Gross is a smarmy new-age salesman in Call Me Fitz. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's wall good for Bieber in China and Lohan has parents banned

STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

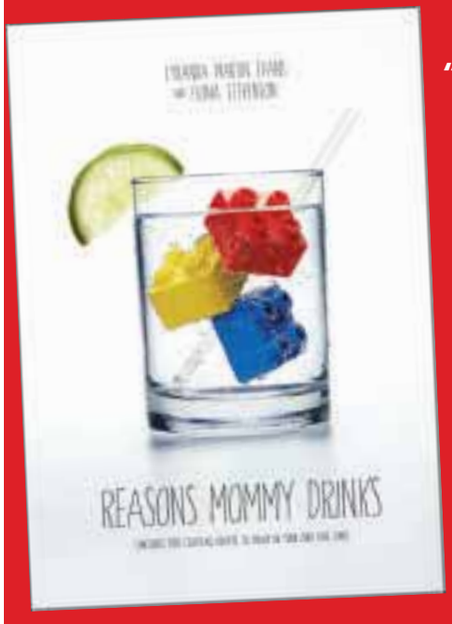
A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."

Apple has now passed Coca-Cola as the most valuable brand. And yet, in a game of Rock, Apple, Big Vat of Coca-Cola, Coca-Cola kills your iPhone every time.

YOU COULD WIN



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Sinead O'Connor. ALL IMAGES GETTY

O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently. "The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."

Twitter

@lenadunham
Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.

@TheRealRosanne
the armageddonites are now trying to trick us all into believing that aliens are on the way.

@pattonoswalt
I need the e-cig equivalent for Cheetos.

Olivier Martinez and Halle Berry

New baby boy for Berry

Halle Berry and husband Olivier Martinez are celebrating a new arrival, as the Oscar-winning actress reportedly gave birth to the couple's first child, a son, in Los Angeles this weekend, according to E! News. This is Berry's second child, after her five-year-old daughter, Nahla, with ex-boyfriend Gabriel Aubry. Martinez confirmed the baby's gender back in June, telling People magazine, "I remain a Frenchman in America, but I adapt to American culture. I feel good there, but I'm still a foreigner. My son will be an American, but I will remain French."

Chris Brown

Doing it at eight will make you great, boasts Brown

Chris Brown claims that he lost his virginity at the tender age of eight with a girl who was 14 or 15. "It's different in the country," he tells the Guardian. "By that point, we were already kind of like hot to trot, you know what I'm saying? Like, girls, we weren't afraid to talk to them. I wasn't afraid. So at eight, being able to do it, it kind of preps you for the long run, so you can be a beast at it.

Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/ YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy! **LEAH LEITCH/YUMMYMUMMYCLUB.CA**

Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Join the laughs on Twitter @mommyreasons

Mr. Sandman, bring my teen a dream — a nine-hour one

Tips. Help your teen have sweet dreams

ANDREA NAIR
yummymummyclub.ca

Create a good sleep environment so your teen is getting enough rest. ISTOCK

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine
Sleep routines are not just for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment
Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night, remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night
Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police
Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD**

Sleep quiz

- **How many hour of sleep do teens need to function properly and for good health?** Answer: 9
- **What is the number of hours of sleep most teens actually get?** Answer: 7
- **Why are most teens sleep deprived?** They have mobile devices/ laptops and computers in their rooms overnight.

Moms can't resist that baby-fresh scent. GETTY

Baby, you smell better than steak

Oh, the smell. How I miss that newborn freshness, so delicious and intoxicating.

Our baby is still yummy, of course (the oodles of photos in which I appear to be nibbling on him is certainly evidence of that). However, a recent study out of Germany has found that when moms inhale a newborn's scent, they may get the same satisfaction that a hungry person experiences from having their appetite satiated.

Yes, similar to the effects of enjoying a great steak, the study found that the reward centre of a mom's brain is ignited when she gets a whiff of a newborn baby.

"What we have shown for the first time is that the odour of newborns … activates the neurological reward circuit in mothers.

"These circuits may especially be activated when you eat while being very hungry, but also in a craving addict receiving his drug," said Johannes Frasnelli, a psychology researcher at the University of Montreal, said in a statement. "It is in fact the sating of desire."

So ladies, if you've ever wondered why you have the sudden urge to gobble up your little bundle of joy — those irresistibly squishy legs and arms — well it may just be because they smell so darn good. **TANYA ENBERG/ YUMMYMUMMYCLUB.CA**

FEET 3

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.

Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.

Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.

Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

Put a pep in your step and some peppers in your oven

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves four. ROSE REISMAN

1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

Cultural mash-up chili

A robust chili that's on the table in just 30 minutes? Thanks to a blending of Hispanic and Asian flavours, it's easy.

Start with the base of an average turkey chili — some onions, jalapenos, garlic, ground turkey and white beans. Nothing unexpected there. But all those basics get a serious flavour boost from an unexpected ingredient — sweet white miso. It's the same stuff used in the soup you slurp at the sushi bar.

Miso is an underappreciated ingredient. It effortlessly amps the savoury-salty flavour of anything it touches, particularly in wet rubs and other sauces for meat. In this recipe, it replicates in just minutes a depth of flavour you'd normally need a long simmer to attain.

And don't be put off by the "sweet" in the name. Sweet white miso isn't really sweet, just milder than darker miso.

Turkey and Corn Chili with Sweet White Miso

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp canola oil
- 1 large yellow onion, diced
- 1 to 2 jalapeno chilies, finely chopped (for less heat, discard the inner ribs and seeds)
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 2 1/2 lbs (40 oz) lean ground turkey
- 15-oz can white kidney or navy beans, drained
- 1 quart low-sodium chicken broth
- 1/2 cup sweet white miso
- 6 ears corn, husks and silk removed (or 3 cups frozen corn kernels, thawed)
- Salt and ground black pepper
- 2 limes, cut into wedges, to serve
- Chopped fresh cilantro, to serve

1. In a large saucepan over medium-high, heat the oil. Add the onion, chilies, garlic and cumin, then sauté until the onion is just starting to brown, about 8 minutes. Add the turkey and sauté, breaking up any large clumps, until browned, about 10 to 12 minutes. Add the kidney beans, chicken broth and miso. Bring to a simmer, stirring often to dissolve the miso, then cook for 5 minutes.

2. Meanwhile, one at a time stand each ear of corn on its wide end. Use a serrated knife to saw down the length of the cob to remove the corn kernels. Add the corn to the chili, then return to a simmer and cook for another 5 minutes. Season with salt and pepper. Serve with lime wedges and cilantro.

THE ASSOCIATED PRESS

Celebs return to class to keep dropouts in school

Television. A six-part show brings boldface names such as Suze Orman, Oliver Stone and Swizz Beatz in to teach at-risk students

ALISON BOWEN
Metro World News in New York

Students are starting a new school year, and one of educators' biggest challenges is keeping them there — and hopefully funnelling them toward college.

A new documentary series, the Sundance Channel's Dream School, highlights what is being called a dropout crisis. The six-part series premieres Monday night and follows students as they learn from an array of celebrities, from musician and producer Swizz Beatz to financial guru Suze Orman and director Oliver Stone.

The 15 Los Angeles students, all ages 17 to 18 — a pivotal age at which students traditionally decide to drop out or stay in school — were either expelled or had dropped out, and each professor tries to spark their interest.

We spoke with Steven Keller, a California superintendent involved with the series, about how the students reacted to their unusual educational atmosphere.

Signs to look for

What are some of the symptoms of someone who might be at risk of dropping out?

- "A lot of people look at traditional data," says Stephen Keller, a California school superintendent involved with Dream School. "On the other hand, we look at other factors. We look into attendance. We actually look at social emotional assessment with kids, to find out how engaged they are at school. ... Those indicators tell you a lot."

Swizz Beatz works with at-risk students in Dream School, a new Sundance Channel documentary series. JC DHEIN/SUNDANCE CHANNEL

What are some of the challenges of keeping kids in school?

First of all, family engagement. Moms, dads, uncles, aunts, grandmothers, grandfathers need to hunker down with their family members and engage their family members. As a family and as a country, we need to take ownership of each and every kid to really push them and motivate them to get to school each day and check in on them when they get home from school, make sure they have some accountability when the kids get home, whether a potential dropout or not.

The second piece, of course, is funding. There needs to be more funding specifically for kids that are earmarked as potential dropouts. We as educators need to look at restructuring and reforming how we serve this population. And then the last piece is, we as educators need to assess what works and what doesn't work and adjust and make changes and reflect on our practice.

Did anything surprise you in making this documentary?

I think the celebrity teachers genuinely wanted to connect with the kids. All of them really do. They were nervous, even scared. They would constantly ask for feedback. I'm not saying they all performed brilliantly, I'm just saying they all took their craft seriously. ... No one showed up thinking they were going to wing it.

What different types of styles did students respond to?

Suze Orman came in with business to make. She was ready to go, she was not going to play any games. You'll have to see. The students clearly respond to that style.

'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising $25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Tying your actions to a cause can help keep you motivated when you encounter a discouraging situation. GETTY IMAGES

Skype breaks boundaries in language education

Distance learning. Conversing via web video is 'amazingly similar to a one-on-one class,' says the founder of Live Lingua

NATALIE SHURE
Metro World News in New York

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners connect with such speakers.

"It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

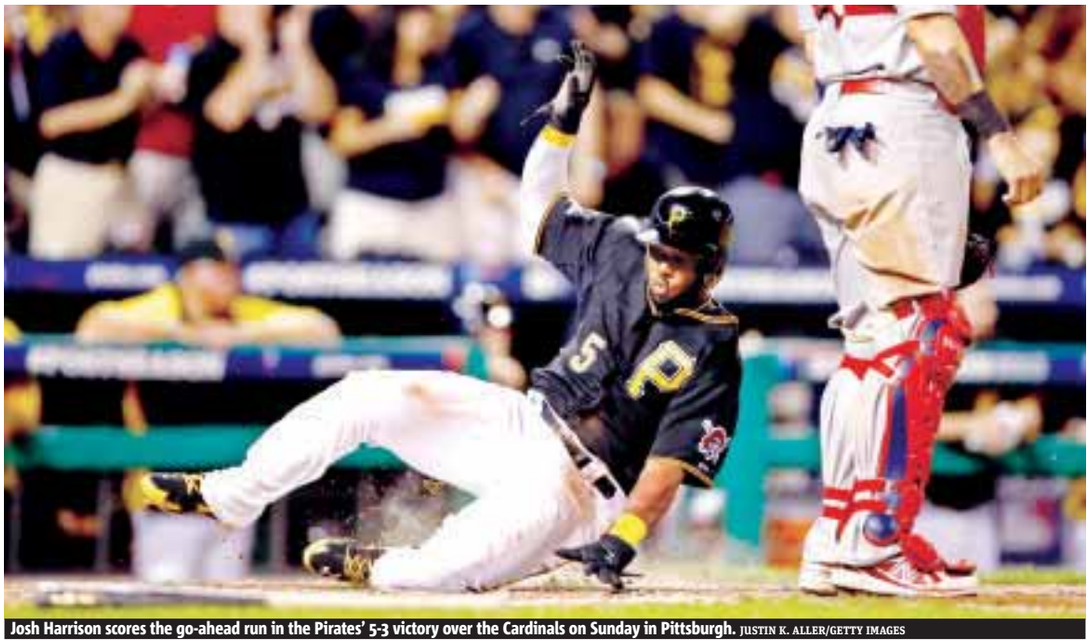
For students whose focus is more on grammar, reading or writing, Skype coursework does have its limitations. Joseph Miranda, founder of NoteFull, started his company to prepare students for the TOEFL exam. TOEFL is an advanced English proficiency test required for non-native speakers to study or practise in the U.S. NoteFull uses Skype for tutoring sessions, but relies primarily on other web teaching materials.

Liliana Novikova, a multilingual foreign language teacher based in Ukraine, agrees that Skype lessons are best for non-beginners. For them, teachers prefer a textbook they can point to, or to draw pictures and examples.

Limitations of Skype

- "Skype doesn't lend itself to presenting information," says Joseph Miranda, founder of NoteFull. "Coupled with a website, then it becomes effective. For writing, you'd be texting back and forth."
- Still, it offers major scheduling advantages for busy adults: "Skype is on 24 hours a day, seven days a week," he said. "So it lends itself to flexibility."

Skype is the newest platform for foreign-language education. GETTY IMAGES



Josh Harrison scores the go-ahead run in the Pirates' 5-3 victory over the Cardinals on Sunday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Bucs waving their flag on high seas

NLDS. Cardinals on the brink of elimination as Pirates take 2-1 lead

Game 3

Pirates	Cardinals
5	3

Pedro Alvarez and the Pirates kept that Jolly Roger flapping high above Pittsburgh.

Alvarez hit a tiebreaking single in the eighth inning and the Pirates beat the St. Louis Cardinals 5-3 on Sunday to take a 2-1 lead in best-of-five NL division series.

Alvarez pulled a grounder into right field that scored pinch-runner Josh Harrison from second base. Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist, who took over after Carlos Martinez (0-1) faltered.

The go-ahead single was the latest big hit by Alvarez. He homered in the first two games of the series and is 4-for-10 with four RBIs.

Alvarez also kept the Pirates' famous flag flying high in October. "Raise the Jolly Roger!" is the rallying cry for this wild-card team, now one victory from its first post-season series win since the 1979 World Series.

Mark Melancon (1-0) picked up the win despite allowing Carlos Beltran's tying home run in the top of the eighth. Jason Grilli worked the ninth for a save.

Charlie Morton is set to start for the Pirates in Game 4 on Monday against rookie Michael Wacha.

Beltran finished 2-for-3 with three RBIs. His 16th post-season home run moved him past Babe Ruth for eighth place in post-season history.

Beltran's shot temporarily silenced a rocking crowd at PNC Park. It also set the stage for another dramatic win by the Pirates.

Andrew McCutchen led off the eighth with his second hit, a double to left. But the NL MVP candidate unwisely tried to advance on Justin Morneau's grounder to short-stop and was an easy out at third.

Harrison ran for Morneau and moved up when Marlon Byrd walked.

THE ASSOCIATED PRESS

CFL

Riders trade for league's sack leader in Hall

Defensive lineman Alex Hall was traded to Saskatchewan on Sunday, dramatically improving the Roughriders' pass rush.

Saskatchewan gets Hall and a 2014 second-round draft pick from the Winnipeg Blue Bombers in exchange for non-import offensive lineman Patrick Neufield and a 2015 fourth-round pick.

The six-foot-six, 256-pound Hall leads the league with 15 sacks. He also has 31 defensive tackles in 13 regular season games.

Last season, Hall was named an East Division all-star after registering 31 defensive tackles and nine quarterback sacks.

Hall was originally selected by the Cleveland Browns in the seventh round (231st overall) of the 2008 NFL draft after playing at St. Augustine's University. He went on to play 32 career regular season games before joining the CFL last year. THE CANADIAN PRESS

CJFL

Thunder crashes to first loss in 5 games

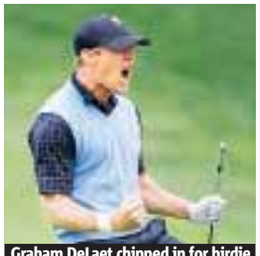
The streak is over.

Unable to muster a late comeback, the Regina Thunder fell 41-23 to the Winnipeg Rifles in Canadian Junior Football League action Sunday at Investor's Group Field.

The defeat snaps the Thunder's four game winning streak and drops the team to 5-2.

The Thunder close out the regular season next weekend in Edmonton against the Wildcats. METRO

DeLaet opens eyes in Presidents Cup



Graham DeLaet chipped in for birdie on the 18th hole Sunday morning. DARRON CUMMINGS/THE ASSOCIATED PRESS

His team may have lost, but Graham DeLaet won a lot of admirers.

The Canadian made a lot of friends and headlines with his play in the Presidents Cup at Muirfield Village.

DeLaet, who grew up in Saskatchewan and now lives in that well-known golf destination of Boise, Idaho, led the International side with 3 1/2 points after posting a 3-1-1 record.

He paired with Jason Day to win both of their fourball matches, then the two halved with Phil Mickelson and Keegan Bradley in a foursomes match completed Sunday morning. DeLaet saved the day by chipping in for birdie on the final hole.

"It was unbelievable," DeLaet said about the shot. "Just one of the coolest feelings in my life, really."

Then DeLaet beat another rookie at international competition, Jordan Spieth, in singles.

Quoted

"I definitely believe deep inside I feel more confidence in myself now."

Graham DeLaet, upon finishing the Presidents Cup with a 3-1-1- record.

He sealed his 1-up victory, again on the 18th hole and again with another hole-out, this one by blasting out of the gaping bunker left of the green.

He was draped in the Canadian flag as he left the green.

"Pretty crazy finish the last two times here," he said. "I executed them both well, but there's some luck involved as well. I mean, it's super exciting to finish like that. To win the match here and then to halve the match this morning, it makes it even better."

The U.S. won the competition 18 1/2-15 1/2.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus
April 21 - May 21
An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini
May 22 - June 21
The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer
June 22 - July 23
You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo
July 24 - Aug. 23
Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo
Aug. 24 - Sept. 23
What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius
Nov. 23 - Dec. 21
A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn
Dec. 22 - Jan. 20
The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius
Jan. 21 - Feb. 19
Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

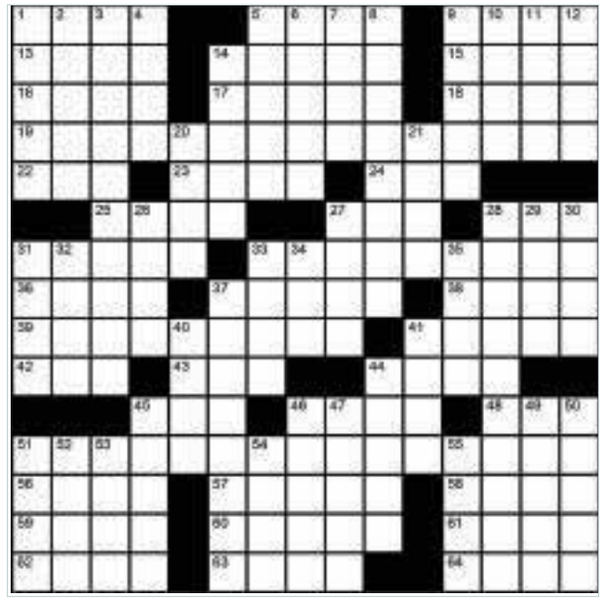
♓ Pisces
Feb. 20 - March 20
Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Mr. Jones of The Monkees
5. Abodes, hip-style
9. Desert hill
13. Mars: Prefix
14. Funny book
15. Swear
16. Close at hand, in poetry
17. Reddish-brown hair rinse
18. Very dry
19. Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
22. WSW opposite
23. "Assuming that's true...": 2 wds.
24. Unpositive utterance
25. Officially choose
27. "Dragons' __"
28. Dance step
31. Put up with
33. Barenaked Ladies' "The Old __"
36. French Sudan, now
37. Prices
38. Creative
39. Ontario town which is the ancient Roman word meaning 'Scotland'
41. Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and __" (1939)
42. Compass dir.
43. Soldier's food-in-a-packet [acronym]
44. Make cake
45. Craze
46. Enzyme suffixes
48. Energy
51. 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
56. Sanction
57. Aired again
58. "__!... I Did It Again"
59. Sentence segment
60. Skips
61. Not tricked: 2 wds.
62. Guitar great Duane
63. Puppy's protests!
64. Car starters

Down
1. Have fun at the nightclub
2. Dolphin-riding Greek poet
3. Alberta town which is east of Edmonton
4. __ National Park, BC
5. The Tragically Hip song
6. Prenatal test, commonly
7. Wilma's pet
8. 1981 David Cronenberg horror movie
9. Sprint-like
10. Eye part
11 . "Me neither.": 2 wds.
12. Washstand vessel
14. Fray
20. Evening, informally
21. Isn't able
26. Comical cat's chum
27. Stuff collected from research
28. __ Theatre (Saskatoon theatre company named after an ancient goddess)
29. Payment in poker
30. Greek Myth: Charon's river
31. Some old Jeeps, e.g.
32. Meadowland sounds
33. Super-duper
34. Greek†alphabet letter
35. Jim Carrey movie, "The __" (1994)
37. Casual material
40. Music key, _ ___.
41. The __ Coast
44. Kidney, and others
45. The Snowbirds maneuver
46. From Depeche Mode's "World In My Eyes": "Let me take you on _ __..."
47. Police squads, e.g.
49. Beerless beer bottle
50. Monetary units in Mexico
51. Created carpeting
52. Added to income, with hard work
53. Grease
54. Quasi
55. Work in the kitchen

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

	4		9	7				
	9		8				5	6
		1	2			8		
						5	3	8
7				3				2
2	8	3						
		7			6	3		
1	5				4		8	
				5	2		6	

Today 20°/5° Sunny
Tuesday 16°/1° Sunny
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Fantastic Fall SUPPLEMENTS

RECIPE

Ecoideas™ Energy Maca Bites

To get started you need:
-10 Dates
- 1 Jar of Coca Natura Coconut Spread
- 10 tbsps Maca
- 4 tbsp Chia seeds
- 4 tbsp Living Intentions Cocao brownie cake mix
- 8 tbsp Goji berries
- 2 tbsp Cinnamon
- 1 tbsp Vanilla (or to taste)

Food Processor necessary to make this recipe
-Mix dates, coconut spread, goji berries and vanilla in a food processor
-Mix date mixture until blended
-Mix dry ingredients in seperate bowl
-mix wet and dry together
-Form into 1 inch balls
-Roll in coconut, sea salt or hemp seeds (or all three) for added texture and nutrition
-Place in airtight container then freeze
ENJOY

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- **Enhances memory, learning, and mental ability**
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- **to sweeten your coffee, tea, and other beverages**
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- **the ideal sugar substitute for diabetics**
- **for weight maintenance and obesity prevention**
- **All Natural Pure Coconut Sap**

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- The Dr. Oz Show: Things Every Woman Over 40 Needs In Her Kitchen
- JamieOliver.com: A Taste Of The Middle East

As mentioned in:
- O Magazine: 4 Exotic Grains That Can Improve Your Health
- The Wall Street Journal: Get Your Freekeh On
- The New York Daily News: Experts Unveil Food Trends For 2013

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